



Catholic Healthcare West

**Ask the Expert**  
*Arizona Republic*

**Danton Dungy, M.D.**

**Q: My doctor says I should consider hip replacement surgery. Can you explain the procedure and what recovery might entail?**

**A:** Total hip replacement involves removing damaged cartilage and bone and then replacing the joint with metal, plastic or ceramic joint surfaces. Replacing the hip helps relieve pain and improves walking and other movements.

According to the American Academy of Orthopaedic Surgeons (AAOS), when deciding whether to have hip replacement surgery, it is important to understand what the procedure can and cannot do. For example, most people who undergo hip replacement surgery experience a dramatic reduction of pain and a significant improvement in their ability to perform common daily activities. However, hip replacement surgery will not enable you to do more than you could before your hip problem developed.

After surgery, you will stay in the hospital for a few days. While you're there, healthcare providers will help manage your pain, as well as make sure you're up and moving around. Physical therapy, which will also begin while you're in the hospital, will teach you exercises to help you regain strength during the healing process. Following surgery, you will be advised to avoid certain activities; including jogging and high-impact sports, for the rest of your life. You also may be asked to avoid specific positions of the joint that could lead to dislocation.

Although you will be able to walk with crutches or a walker soon after surgery, you will need some help around the house for several weeks with tasks like cooking, shopping, bathing and laundry. If you live alone, you can work with our case management team prior to your discharge to have someone assist you once you go home. In some cases, a short stay in an extended-care facility during your recovery may be arranged.

*Danton Dungy, M.D., is an orthopedic surgeon with privileges at Chandler Regional Medical Center. To learn more about our joint classes, or for a referral to an orthopedic surgeon, please call ResourceLink toll-free at 1.877.728.5414.*